



# MENTAL HEALTH FOR CHWS TO ADDRESS BURNOUT & STRESS

<https://bit.ly/47Q3gE2>

## REGISTER

## Jan. 25 | 10 am-noon

### Learn how to:

- Define and differentiate between stress and burnout
- Understand healthy vs unhealthy ways to cope with workplace stress
- Reinforce basic principles of self-care
- Assess and identify symptoms that mental health services can help

In this session, CHWs will learn to develop effective strategies for maintaining their mental and emotional health. They will identify the signs of stress and burnout, understand when they need more than just a “day off,” learn resilience-building techniques, and access mental health resources and services to care for themselves proactively while serving their communities.

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